The Uplift-Power of U Gazette

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Interim Newsletter Editor: Rhonda L. James-Davis

Meet Our Leadership



Garrett T. Taylor
CEO



Shirley B. Taylor
COO



Dr. John E. Taylor
CFO

A season for gratitude and room to breathe



Illustration of fictional families, not program participants.

With appreciation for our team

The work of Uplift and The Power of U! is made possible by the people who show up for our families, communities, and one another. This Thanksgiving season, we recognize the entire team. Thank you for the care, skill, and time you bring to this work. Every role matters, and your contributions are appreciated.

This month, we make room for rest, share community connections, and celebrate the people behind our work.

How will you make room for rest this December? Share a reminder using the form on page 4. Selected responses may appear in our next issue, with permission.

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Caring for ourselves and one another

Recognize the pressure. Make room for support.

Start with a conversation about stress



International Stress Awareness Week is November 2–6, with Stress Awareness Day on November 4. Name one source of pressure and consider what could change: clearer priorities, a manageable workload, or practical help. ISMA

Making Room for Rest



Before December fills your calendar, leave room for yourself. Rest belongs on the schedule, too.

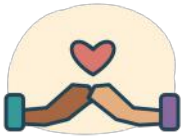
30.5%

of U.S. adults reported fewer than seven hours of sleep a day in 2024, according to the CDC. Enough sleep can help reduce stress and improve mood.

Turn off screens 30 minutes before bed, leave an evening free, or share a task. Quiet breaks offer breathing room, but they don't replace sleep. CDC sleep tips

Source: CDC • Sleep duration report
Illustration of fictional people.

Support can be practical



November is National Family Caregivers Month and National Diabetes Month. Offer specific help to someone managing caregiving or daily health needs. Respect their care plan and follow through. ACL | NIDDK

When someone is missing



Children's Grief Awareness Day is November 19. Dougy Center encourages children to remember through talking, writing, or drawing. Ask what feels comfortable and allow different feelings during the holidays. Grief guidance: Dougy Center | Activities | Awareness day

A question that opens the door



"Do you want me to listen, help you think it through, or help with something practical?"

Let their answer guide your next step. A listening ear can be a useful place to begin.

NIMH advises seeking professional help for severe or distressing symptoms lasting two weeks or more. Talk with a health care provider about concerns with mood, sleep, or daily functioning. Seek help sooner if symptoms worsen. NIMH guidance

Connections in our community

Stories and outreach from our staff

CHILD FIRST

Spotted in the Community



Erick Stephenson Making Connections

Submitted by Trevor Blue, Child First Clinical Supervisor

An accidental calendar invite brought Dr. Taylor into the Martin County collaborative, where Erick Stephenson was sharing what Child First offers. Talk about a surprise front-row seat!

Erick's message caught the attention of a Martin County Schools representative, who asked to connect by phone after the meeting. Now that's outreach that gets people talking!

Monthly collaboratives help us learn about resources, build partnerships, and share our programs. Erick brought that purpose to life, with a surprise witness cheering him on.

Kudos, Erick! You put Child First first and gave us something worth putting in print!

INTENSIVE IN-HOME

Connecting at the Downtown Windsor Fall Festival

Submitted by Latoya Simpsons, IIH Team Lead



Left to right: Gernajah Knight, Latoya Simpsons, and Likesia Hall.

Our Intensive In-Home (IIH) team enjoyed connecting with parents, families, and fellow vendors at the Downtown Windsor Fall Festival on November 7.

The team shared information about IIH services and the support available to children and families. They also highlighted Child First and resources for young children and their families.

Thank you to everyone who stopped by to learn more. We appreciated the chance to build connections and help families learn about available services.

Discover What We Offer

Explore The Power of U! • thepowerofu.org

Visit Uplift • upliftnc.org

A Minute to Notice

Try this quick mindfulness activity. Look around and find:

1 Something blue	**2 A round shape**
3 A repeating pattern	**4 A detail you usually miss**

Pick your favorite find and give it a playful name. No score. No deadline. Just a change of focus.

The people behind the work

Staff recognition and dates to remember

NOVEMBER 11

Veterans, Thank You for Your Service!



We especially want to recognize our very own Dr. John Taylor and Mr. Garrett Taylor for their military service. Thank you for your service to our country and for the work you continue to do in our communities.



NOVEMBER BIRTHDAY

Chrystal Chamblee

November 3
Wishing you a great year ahead!



STAFF INCENTIVE

Gernajah Knight
Likesia Hall

Recognized for submitting notes within 24 hours.

THANKSGIVING OFFICE CLOSURE



OFFICES CLOSED
Thursday, November 26
Friday, November 27, 2026

Carry a little gratitude into the week

Thank someone for an everyday kindness. A note, phone call, or simple thank you is enough. Gratitude can sit alongside grief or stress, too.

Share a reminder for December

What's one way you plan to slow down and make room for rest this December?

Click here to share your rest reminder

Selected responses may appear in December, with your permission.

Have something to share or feature? Submit updates, feature ideas, and photos approved for publication by the 25th of each month for consideration in the following month's issue.

General education only. This newsletter does not replace individualized care.